GROCERIES

# Grocery Budget & Meal Plan

Week of: _____ Check the fridge and pantry first, plan meals around what you have and what's on sale, then write the list by store section so you don't wander.

| Weekly grocery budget | Estimated list total | Actual spent | Left over |
|---|---|---|---|
| $ | $ | $ | $ |

## Meal plan

| Day | Breakfast | Lunch | Dinner | Snacks |
|---|---|---|---|---|
| Mon | | | | |
| Tue | | | | |
| Wed | | | | |
| Thu | | | | |
| Fri | | | | |
| Sat | | | | |
| Sun | | | | |

## Grocery list

### Produce

### Meat & protein

### Dairy & eggs

### Pantry & dry goods

### Frozen

### Household & other